

HEAD
TROUBLES
AND THEIR
CAUSES.

BY
THOMAS GUYARD.

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Faithfully yours
F. J. L. Canavanagh.

HEAD TROUBLES

AND

THEIR CAUSES.

BEING A VERY BRIEF EXPLANATION OF WHAT USUALLY
PRODUCES AILMENTS OF THE HEAD, FACE,
EYES, NOSE, EARS, THROAT, &c.,

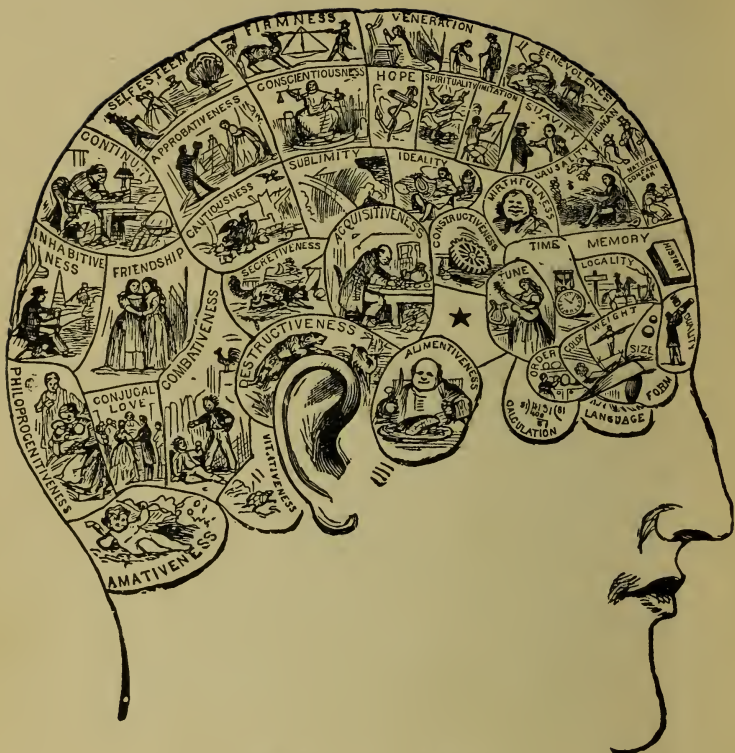
BUT NOT HERETOFORE KNOWN TO THE PUBLIC,
WITH SOME ADVICE THEREFOR.

—BY—

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SYMBOLICAL HEAD.

PROF. CAVANAGH is the originator of Surgeons' Periodical Examinations, Author of a Chart, Inventor of the Simplest and Most Perfect Method for Relieving Rupture which has ever been devised. Also a Postal System, also Bicycle (and other) Inventions, for which he has received English and Canadian Patents.

PREFACE.

THIS is an age of advancement and inventions, yet human health is *far removed* from *what it should be*. Nearly all newspapers teem with remedies and cure-alls of every description. Yet if you question the majority of those who experiment with them (as I for years have done), they will sorrowfully say, I'm about the same as I was before. I'll try nothing else. I've about given up hope. Take for instance those tortured with *headaches, tender heads, heads often all in a heat, cold in the head, catarrh, asthma, bronchitis, &c.*, most of these unfortunates have tried for years, douches, inhalers, snuffs, powders, &c., yet remain the same, or in too many instances *get worse*.

Every man must buy experience, and the first fees are heavy—*Bulwer*.

I may make some enemies by this book, but

“ He that outshines his age is like a torch,
Which, when it blazes high, is apt to scorch ;
Men hate him while he lives, at last no doubt
He wins affection—when his light is out.

Dear reader, peruse the following pages and then seriously reflect upon what they contain.

Through my professional work as a Phrenologist, I meet all classes of persons whose heads vary in shape, size, &c., and I have thereby discovered, the great cause of many cranial troubles is through applying water too frequently to the head. I have on my books—*by actual count—records of hundreds* (with their names and addresses), who have for years severely suffered, and water too frequently applied to the head has been the producing cause of their ailments

After *years of patient investigation*—with both sexes—I have been forced to the conclusion that the majority of cases of colds of any description (in men), have been produced through wetting the hair, and that catarrh or cold in the head is from the same cause, or that as children their heads have been too frequently washed, or that

THEIR MOTHERS OR FATHERS

at some time of their lives were in the *habit* of washing their own heads too often, bathing or swimming too much or wetting their hair daily.

LADIES' OR YOUNG GIRLS,

washing their heads *weekly, fortnightly, or even monthly*, or boys or young men washing their heads as often, or *wetting* their hair *daily*, though only applying *enough water* to *comb* it will be affected.

“*I know no law but truth.*”

My province is not to bother about “what people think” regarding *certain* laid down *rules* of cleanliness. *I have only to do with “the facts.”*

I have merely to state the injurious results. In my last Chart, *copyrighted 1895*, I have a warning on page 140 about putting water on the head.

“A little fire quickly trodden out which being suffered rivers cannot quench.”—*Henry VI., Part 3.*

I am now in a position to state positively that the principal,

THE GREAT CAUSE,

the foundation of cold in the head, catarrh, falling of the palate, elongated uvula, uneven septum (nose), deafness, ear troubles, hoarseness, coarse eyebrows and ear hairs, swollen tonsils, hawking, frequent spitting, eyelashes falling out, red or weak looking eyes, inflammation of or white matter in the corners of the eyes, impaired complexion, hot roughened face skin, chapped lips, frequent or obstinate forehead or facial pimples, falling out or breaking of the hair, premature grey hair or baldness, obstinate dandruff, snuffling, winking, blinking of the eyes, dropping in the throat, bad breath, soft or aching teeth, throat trouble, great head heat, frequent headaches, eyes watering in the wind, languid or drowsy feeling in the mornings, fat headedness, bloated looking heads, tendency to sunstroke, heat prostration, cold hands and feet, noises and excess of wax in ears, being easily made uncomfortable by draughts, and a strong though unsuspected agent of sleeplessness, &c., &c. (A common cold leads to lung troubles) —and the main cause of

SO MUCH CONSUMPTION

is too frequent head washing or hair wetting.

“The *Provincial Health Inspector* says consumption is a *more dangerous scourge* than any other of the *infectious diseases*.”

“I assert that this is largely induced by the unwise use of water on the head.”

His report, its references to *consumption*, are calculated to arouse wide-spread public interest. He states that in Ontario *consumption* carries off *more people* than *all other diseases combined*, and that since the compilation of his recent report

3000 MORE PERSONS

have succumbed to the *scourge*. He argues that *it* is more *dangerous* to the community than *any* other *infectious* disease, and that *it* is *impossible* for it to be successfully coped with by *any private efforts*. *He considers it the most grave question now before the public.*

It likely will be found that most of those who perspire copiously, who are made dull, languid, indisposed by the warm weather or warm rooms, or those who have unaccountable headaches, and *peculiar* feelings in their head, dreadful nightmare, vertigo, or *die suddenly* though apoplexy, have had their heads washed or wet often (while young anyway), or are in the habit of frequently wetting them.

To wash the heads of infants and young children *daily* is simply

SEMI-MURDER,

and bi or tri-weekly is to lay the foundation of an *impaired nervous system*. The condition of brain largely depends upon other conditions. Mode of life is an important factor, and this is vastly different to that of one hundred years ago, much change has taken place in men as well as conditions. To wash the heads of the young often, means illness, disease, obscure affections, for which usually no proper reason—except say heart failure—(and who can die without heart failure), can be assigned. *It is notorious that the children of the poor are more healthy or hardy than those of the rich*, and can endure more hardships, cold and heat. I am sure

“ *God never made his work for man to mend.*”

Many of both sexes bathe the head or face frequently in summer, or when much heated, believing it does them good. Stimulation up to a certain point in some cases is beneficial, past that—*positively injurious*, very much more than is readily comprehended. This frequent head and face bathing causes too much reaction, generates greater heat, debilitates those who indulge in it, rendering them more susceptible to any kind of heat, weakness or disease.

NO WOMAN OR GIRL

should wash her head except when she is feeling real well and in *normal* condition. Their hair should not be washed more than three or four times a year, (be thoroughly dried before outdoor exposure,) and then *only* when *all conditions* are favorable. The hair of woman (or man), should be carefully combed and brushed daily. That is all it needs with periodical washing as before stated. Always have two good hair *brushes* and keep *them thoroughly washed and dry*.

The *hair* is a grand *non-conductor*, and the best and *needed protector* for the *brain*. It guards the head from cold, from draughts, and from great heat. The ends of the hair in women need clipping occasionally—say monthly. Men’s hair should not be sheared off, nor cut closer than an inch from the head, say enough to comb easily, and keep the head comfortably covered.

It is unnecessary just now to go into further details regarding head wetting. Suffice it to say my chief desire is to communicate to a trusting public this valuable fact, heretofore so little understood.

The head is a very delicate organ—or casket of organs—all your mental machinery is therein contained, all your hopes, fears, abilities and powers are there centred, therefore the less you tamper with your head the better for you now and *hereafter*. As long as you continue to often wash or wet your head so long will you have *something wrong* with *you*, either *cold in the head*, or will be subject to it, or catarrh, weakened eyes, etc., (see how many are now wearing glasses, how many more doctors of optics we have this last year or two).

See how many afflicted with dandruff, incurable neuralgia, uncomfortably hot heads, headaches, &c., &c. You can live reasonably, temperately, keep clean and go on your usual way and still spare your cranium.

If you need advice about any head affection, you can consult a reliable physician, but I say earnestly if you value your freedom from irritation, inconvenience, and possibly *other troubles*, don't experiment with your head, *don't* interfere with its *temperature*. Follow the advice of your well wisher, Prof. Cavanagh, and in a reasonable time you'll be a *healthier* and *better* woman or man.

So convinced was I of the evil effects of head wetting, that I did not hesitate in giving this advice to Fitzsimmons (before his great fight with Corbett). Read the following telegram :

WHAT PROMPTED ME TO WRITE THIS BOOK.

“Strong reasons make strong actions.”

“My reasons are most strong, and you shall know them.”
All’s well that ends well.

“Brevity is the soul of wit,
and tediousness the limits and outward flourishes.”

—*Hamlet*.

For want of timely care (advice) millions have died of medicable wounds.

Dear reader, man was *never intended* for a life of sickness, lassitude, and mere monotonous accomplish-nothing existence. He was put upon this earth *for a purpose*, to develop his powers, to undergo a novitiate before he is called for eternity.

Is death the last sleep? No ; it is the last and final awakening.—*Walter Scott*.

Earth is an island posted round with fears,
Thy way to heaven is through the sea of tears.

I was endowed with an uncommonly good constitution, exceptional physical strength, large “hope,” and rarely troubled with anything serious (excepting a couple of illnesses early in life, and in later years what has resulted from accident, and exposure during active service in the field), also excepting the *head trouble* which may be regarded as the principal reason for the appearance of this work.

Having observed, while young, that many intelligent men wetted their heads frequently, and reading much about the value of the practice, also hearing people say that wetting their heads freshened them up and did them good, I followed their example.

“Men ought to take special heed how they guide themselves by examples, in thinking they can do as they see others do ; whereas, perhaps their natures and carriages are far different.—*Bacon* (Advancement of Learning.)”

An old writer has said “*verba sonant exempla trahunt* :”—“Words attract our attention, but examples drag us along.”

It is certain that either wise bearing or ignorant carriage is caught, as men take diseases from one another.—*Henry IV., Part 2.*

The gods are just, and of our pleasant vices make instruments to plague us.—*Lear.*

The violence done us by others is often less painful than that which we do to ourselves.—*Roche foucauld.*

“In fifteen years

2,000,000 PEOPLE HAVE DIED

of consumption on this continent.”—*Dr. P. H. Bryce*, Provincial Health Inspector.

In Dr. Henry Chavasse’s excellent health work, he says : “A boy ought to wash his head every morning, a girl who has much hair, once a week with soap and water.”

Prof. Fowler advises in his great work, “Human Science,” the head bath and douche bath. For weak eyes he says use the head bath. He also says under heading

INFLAMMATION OF THE BRAIN.

“When the hair falls out, cleanse the scalp with ammonia and water, and then bathe the head three times a day in the coldest water.

In Trall’s “*water cure*” for the million (page 15). The head bath and the pouring head bath is recommended for chronic affections of the head, eyes, ears, also for apoplexy, delirium tremens, hysteria, etc.

In Cooper's Surgical Dictionary. On page 30 of this magnificent work, Ritcher says : " Bathing the eye with cold water is one of the most powerful means of strengthening the eye. I myself got this very advice several years ago from an American oculist, he told me it was the very thing I needed. I followed his advice faithfully and was left in a pitiable condition.

Dr. Fitch in his lectures on the prevention of consumption, page 293, says : I scarcely know a more effectual remedy to cure or prevent these affections of the eye, than dipping the forehead, eyes and nose a great many times a day in *cold water*, and holding them there as long as possible. In cases of rush of blood to the head, great heat about the head, or headache, there is no remedy that will compare with the use of *cold water*, and the water made as cold as possible by the addition of ice. This will often relieve the head when every other remedy fails. The head should be dipped in ice water, and held there as long as possible a great many times a day.

THESE ARE HIS EXACT WORDS.

I could quote from a dozen different works *advising* the use of water. I acted upon all these suggestions, *believing* that such *eminent authorities* could not err, hoping for relief, but must confess to a very sad disappointment; instead of benefit I found my case in a dreadfully aggravated condition.

"A man shall never want crooked paths to walk in, if he thinks that he is in the right way wherever he has the footsteps of others to follow."—*Locke*.

Hence, this set me thinking, and after all my subsequent agonizing experience this work is the result.

For many long years I was troubled with *cold in the head*, a heated condition of head, etc. Many said I was affected with Catarrh. I consulted physicians of different schools, read a number of medical works, doctor's receipt books, and *tried for years* various methods and highly puffed up remedies, yet could get no relief. Finally through the advice of a well-known physician, I placed myself under the care and underwent a series of operations, burning, sawing, etc., (including excision of the *uvula**) at the hands of one of our (in this line) *best known specialists* (accounts referring to my having undergone a severe operation appeared in the *Mail, World, Empire, Telegram*, etc. at the time).

I realized in earnest

"That diseases desperate grown by desperate appliance are (or should be) relieved."—*Hamlet*.

I was *months* under his care (*cocaine* used upon me daily for two months), yet in spite of all treatments and temperate living my annoyances continued.

(I have always lived a very regular life).

"The secret of all success is to know how to deny yourself. Prove to me that you can control yourself, and I'll say that you are an educated man. Without this all other education is good for next to nothing."—*Mrs. Oliphant*.

The doctor assured me that the blinking or twitching of the eyelids, and spasm of the nasal passages (which the operations, etc. failed to cure) was *only a habit*, and I should *exert my will to overcome it*. I tried very hard and often, but my will had no effect whatever on these afflictions. I at last concluded that often wetting my head was the *real though unsuspected cause* of my miseries.

“ One of the most desirable faculties in the affairs of this world is that of being able to recognize and accept facts.”

What is defeat ? Nothing but education ; nothing but the first step to something better.—*Wendell Phillips*.

I washed my head less frequently and finally ceased to put water on it at all ; except when my experience told me it was absolutely necessary for cleansing purposes. I then steadily improved, and began to closely observe the head of every man, woman, boy or girl who came under my notice. I carefully questioned each regarding washing or wetting the head. By long continued searching and scrutinizing investigation I have succeeded in accumulating a mass of evidence which, in addition to my own experience fully supports my assertion as to the evils of head wetting, notwithstanding the opposite views entertained by so many eminent authorities referred to in an earlier part of this work.

It is universally known that ailments of the body (head) are in many cases sufficient to *destroy* the mind, and to *debilitate* it in innumerable instances. It is equally well known that the torments (continual irritation) of the mind are, in many cases, sufficient to destroy the body.—*Cobbett*.

Even if you are completely bald, or wear a wig, you should seldom wash your head. Wipe it when necessary with a damp (not real cold) towel. I advised a young man some time ago who is completely bald, wears a wig, and whose head was sore in places beneath it, not to wash his head as it most probably was the cause of the soreness.

He promised compliance, and after a moment's thought remarked in a *surprised* manner : " My head was never sore before two years ago, during which time I have been in the habit of often washing it. He acted upon my suggestion, and lately has assured me is now quite well.

The face should never be washed in very hot water, it injures the skin, and ladies have admitted to me that they never were troubled with *flesh worms* until *after* the frequent use of *hot water*. The face should only be washed in ordinary water once daily (twice at most) and then little or *no soap* used. Much face washing impairs the complexion.

Where can you get healthier and more beautiful complexions than is to be found amongst the English, Scotch and Irish peasantry, who rarely indulge in what might be termed excessive face washing ?

Women who wash their faces frequently will cause the hairs to grow on them prematurely—particularly if soap is much used—and will make them appear aged before their time. Continually chapped lips is due to this also.

Effect of Face-Washing.—Harry—I don't want you to wash my face. Grandmother—Why? I've washed my face three time a day since I was a little girl. Harry—Yes, and just see how it's shrunk.—*Tit-Bits*.

If wetting the head don't affect you unfavorably *one way it will another*, either in *eyes, ears, nose, throat* or *cause you headache, facial neuralgia*, etc.

Wise men ne'er sit and wail their woes,
But presently prevent the ways to wail.

—*Henry VI., Part 3.*

Since I have abstained from the aforementioned habit my ailments of years, cold in the head, etc., have disappeared, and by leaving my head as *nature intended* I have secured freedom from continual irritation, pain and the extreme sensitiveness associated with it, and in addition have reached a state of unexpected happiness.

He that lays down precepts for governing our lives, obliges humanity not only in the present but for all future generations.—*Seneca*.

**Uvula*.—The excision of the uvula I now consider (in my own case) as it was not diseased, impaired, nor as long as hundreds I have observed—a most unnecessary operation, one that is to me a cause of lasting sorrow. I do not desire to injure anyone, nor would my conscience permit me to disparage physicians, whose noble conduct in peace and war, I have again and again witnessed and admired.

THE truly valiant dare everything except doing any other body an injury.—Sir P. Sidney.

Conscientious people are apt to see their duty in that which is the most painful course.

I understand from medical authority that the uvula is useless; one well-known surgeon told me it has no use. I know it is *found only* in man and the monkey tribe. I have *not been told*, but have *discovered* that some, maybe most of the *greatest athletes* have an extensive *uvula*. If the uvula is of no use *why* is it there? There are *other things* supposed to be of no use (which I have learned much about), and will set the world thinking when the time arrives to publish their meanings or usefulness.

ABOUT THE TONSILS.

Cold, in its various forms, is the most frequent of all exciting causes of tonsillary disease. Among the marked effects of enlarged tonsils may be frequently noted the arrest of growth of young persons. This well attested fact may be thus accounted for: Any impediment to the due transmission of blood to the brain must exercise a prejudicial effect upon the nervous system. By the enlarged tonsil exerting a pressure upon the *carotid* artery in its passage up the side of the neck, such impediment is created. Sometimes they arise in *infants* at the breast, and go on to produce symptoms of an alarming nature. Children are thought to suffer from affections of the chest on account of the impediment of breathing. Even the medical attendant has been deceived in this respect. Children who labor under chronic enlargement of the tonsils are very much more likely to fall victims to scarlatina than those in whom a healthy state of throat exists.—*Yearsley, on the Throat.*

Frequent washing or wetting the head will produce the above mentioned and other troubles.—*Cavanagh.*

ABOUT DANDRUFF.

Many are annoyed by dandruff and frequently wash the head to get rid of it. This frequent washing only increases the trouble. I know an exceptionally intelligent, well built, handsome and healthy man (temperate also), who had his head shampooed three times a week, and yet the dandruff would fall on his coat two days after each shampooing. My advice regarding the dandruff is, brush your hair thoroughly (not roughly) a few times, dust the dandruff off, which falls on face or shoulders, with a handkerchief each time, then comb your hair and leave it until next time you need to comb, and then repeat the performance. You'll find this plan the best with my other advice aforementioned.

RUSKIN is right, we should all do useful work, refrain from useless work, and positively refuse to do any hurtful work.

I have been told by many that they wash their faces three, four or five times daily. A physician said to me a few days ago that once daily was none too often to wash one's head. If a person washes the face four times daily it is 14 times a week or 728 times a year too much. You can calculate the time each wash takes you. If you follow my advice you will save much time in your life. Time is the stuff life is made of. The thrift of time will repay you in the years to come with a usury of profit far beyond your most sanguine dreams. The waste of it will make you dwindle, alike in intellectual and in moral stature beyond your darkest reckonings.

TO HABITUAL HEAD WETTERS.

Why do you do it? What reason have you for frequently wetting your head? What is to be gained by lowering your brain temperature? Would your tongue taste reliably if very cold; would your fingers grasp, feel, or do their work as well if your hands were cold? Can you run as well when your feet are cold? Who gave you proof that you should keep your head cool by External means? Have you any guarantee that though you feel it is a reliever one way, that it does not injure in another. Adopt my plan, leave your head and hair as nature designed it should be left, and you will be on the safe (the only safe) side. For any violation of nature's laws a penalty will be exacted *some time*.

THEY that will not be counselled cannot be helped. If you do not hear reason, she will rap your knuckles.

AH! there is no telling, but perhaps we might not sow quite so recklessly if we would only bear the reaping-time in mind.—Christian Reid.

THERE is no safety in ignorance, knowledge is the greatest light and power in the world, and in knowledge only is there protection.—Dr. Pancoast.

IGNORANCE is the curse of God.—*Henry VI., Part 2.*

Man's rich with little were his judgment true;
Nature is frugal and her wants are few.

THE happiness of your life depends upon the character of your thoughts.—*Marcus Antoninus.*

FREQUENT HAIR WASHING.

Too frequent hair washing is the *real wrecker* of woman's health, charm and beauty. It causes the troubles I mention even to red, purplish or discolored noses. If one has an ailment that pains, mortifies or irritates, you will admit it wastes their nervous fluid or strength, the weakest, neglected, or interfered-with parts then suffer. Worry often results from lack of sufficient nerve or life force, yet people will tell you that they can't help worrying, it is constitutional with them. Pain, trouble, annoyance, long continued will cause brooding, and brooding is over concentration, which too often leads to disease, degeneration, perversion, depravity. The body can be (spoiled like a machine) killed through one part or organ.

MANY men and women—some of the most capable—say to me, "My hair gets very oily; I must wash it often." I reply, "Do you know better than nature; nature has a purpose in view; what is the oil for?"

According to modern notions any illness in one part of the body may be occasioned by some irritating cause far removed from the seat of the trouble. Just how this is cannot always be clearly explained. A medical paper states that if the nerves of the whole body are irritated by a tight shoe, or the extreme coldness of the extremities makes extra demand upon the blood supply, there is neither nerve force nor blood enough left for other functions.—The Vocalist.

UNHEALTHY conditions produce like results, unnatural conditions produce unnatural results, unhappy conditions produce unhappy results.

CAUSES OF INSANITY.

Whatever irritates, annoys, excites or debilitates the organization, especially the nervous system, affects the manifestation of mind. Continual anxiety, loss of sleep, unreasonable anger, or sensibility, intemperance, illness or accident which deranges the physical functions.

THE anxiety, however, which Nelson endured affected him so deeply that he said it had broken his spirit forever.—*Southey*, 257.

MENTAL emotions, grief, fear, false excitement, despondency, oft recurring irritation, incline to depress all the energies of the system, in which the lungs must participate, and so must suffer.

BAD habits are thistles of the heart, and every indulgence of them is a seed from which will spring a new crop of weeds.

THE best recipe (best, I say, to work, and best to take) is the admonition of a friend. It is a strange thing to behold what gross errors and extreme absurdities many (especially of the greater sort) do commit for want of a friend to tell them of them, to the great damage both of their (health), fame and fortune.—*Bacon*.

A GREAT part of the happiness of life consists not in fighting battles but in avoiding them.

In food, in sport, and life-preserving rest,
To be disturbed would madden man or beast.

HE TRUSTED MORE TO "OBSERVATION."

AMBROSE PARE obeying the dictates of his genius either compelled authority to yield to "observation" or endeavored to reconcile them. His superior merit soon excited the ignorant, the jealous and the malignant against him and he became the object of bitter persecution, his discoveries being represented as a crime. The power of his persecutors compelled him to make imperfect extracts from Galen and alter his text, in order to rob himself in favor of the ancients of the glory which was due to him. His writings are remarkable for the variety and number of "facts" in them and are eminently distinguished from all those "of his time," inasmuch as the Ancients are not looked up to with superstitious blindness.

No man is fit to lead who has not the courage to stand alone.

EVERY man is great that does his duty ; and every man may by his example cheer others on to noble deeds.—Father McCann.

A LITTLE seeing saves much looking, a little speaking saves much talking.

HE who does not love all truth loves none ; he who does not constantly feel himself a slave of truth, bound to serve it, to bear witness for it, to suffer, if need be, in its cause, will never amount to anything.—De Casparieo.

DON'T WET YOUR HEAD.

The head should not be placed under the tap, shower bath, or cold water poured upon it ; nor even wetted immediately after violent, or long continued mental or physical exertion. If such is done it will in time produce lamentable physical and moral consequences. The constant head wetter becomes irritable, and uncertain tempered. (Cold in the head, etc., continually annoy, inconvenience, interrupt, demand attention, and thus waste nerve fluid and strength and cause irritability) and this leads to many a harsh word, unpleasantness, despondency, and this again in turn leads the way to crime. You'll experience while continuing this habit that "All things are with more spirit chased than enjoyed."

To this habit may be traced much of the sickness, weakness and miseries of this age.

THERE is more in the Sampson incident (having the hair of his head shaved off) than probably any person knows of. It is stated his hair was shaved off. See Judges xvii. 19-20 verses.

HE who fails to reflect before acting walks with his eyes shut and advances with danger.—St. Gregory.

THE wisdom you learn from another man's experience never makes you look any older.

"HE that would not when he might, he shall not when he would."

CAUSES OF PREMATURE DEATH.

FIRST, a common cold. At least three-fourths of all the diseases originate from a cold or checked perspiration, this neglected and hosts are sent to premature graves.

A cough violently disturbs and sometimes strains the system.

SECOND, eating too much, eating at improper times, and slow abdominal action. PLINY says that if Cæsar overate he fell into a lethargy resembling a fainting fit.

THIRD, drinking too much liquid, whether water, whiskey, wine or beer.

FOURTH, great cause of disease is overwork—overtasking our powers. Apoplexy and palsy may result from over-eating, or eating at improper hours.

LET our finger ache and it induces our other healthful members e'en to that sense of pain.—*Othello*.

THE great thing in observation is not to be influenced by our preconceived notions, or what we want to be true, or by our fears, hopes or any personal element, but to *see the thing just as it is*.—*John Burroughs*.

AFFLICTION may subdue the cheek, but not take in the mind.—*Winters Tale*. (As in consumption.)

CONSUMPTION is curable, given favorable conditions, *i. e.*, living in pure air, and not in close, *ill ventilated* apartments.

CONSUMPTION—long a disputed medical point—is infectious.—*Professor Gairdner, Glasgow, whose name is European*.

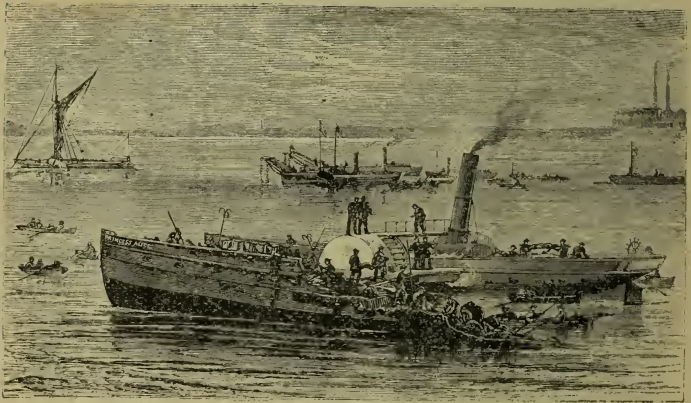
[From Illustrated London News.]



My advice may help to avoid many

A SHIPWRECK.

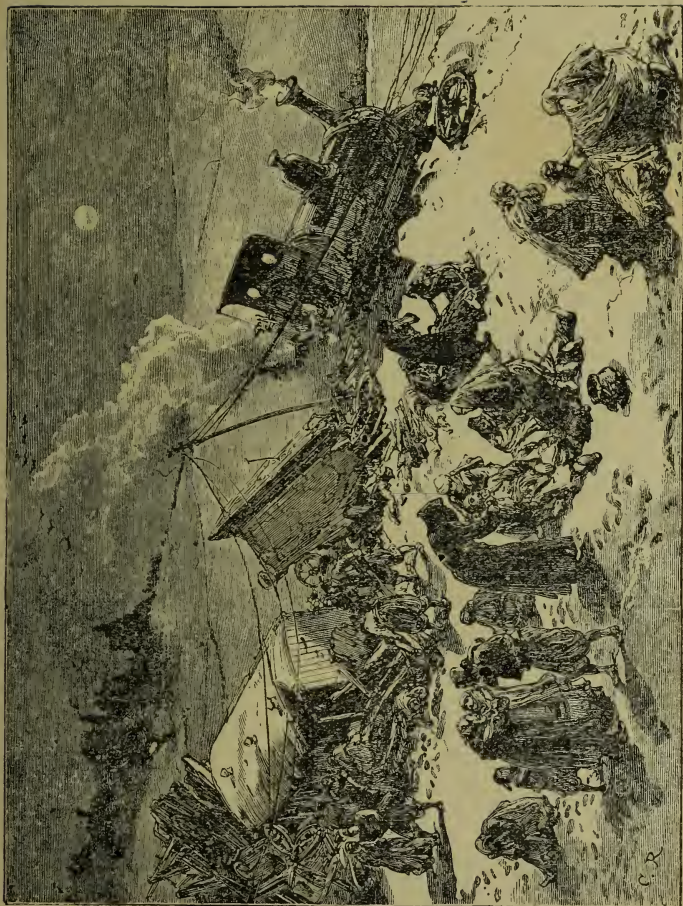
[From Illustrated London News.]



If my advice is followed
there will be averted many **A COLLISION.**

This picture represents part of Excursion Steamer "Princess Alice," which, through a collision,
foundered, with loss of hundreds of lives.

(From Illustrated London News.



If warnings in this book are heeded
there will be fewer of the usual

RAILROAD SMASH-UP.

If every man's *internal* care
 Was written on his brow,
 How many would our pity share
 That have our envy now.

It will likely be found that this frequent head-washing and hair-wetting is also one of the great

CAUSES OF RHEUMATISM

and various rheumatic affections, pains which arise from no known cause ; such as in the lungs, chest, back, etc., aching, tender or annoyingly perspiring feet, cramps, chilly feelings, etc. I believe this habit affects the *musical sense* and *color discernment* (may cause occasional, partial, or complete *color blindness*). I would not (from what I know of the effects of this practice) now guarantee the *reliability* of a *Locomotive Engineer, Signaller, or Motor-man*, who frequently *wets his hair*.

Perhaps many a *Signaller's fatal mistake* on Land or Sea could be traced to this head-wetting habit. Many a

SHIPWRECK, COLLISION OR RAILROAD SMASH-UP,

and various *other disasters*, might be traced to the *same cause*. Remember it affects the *eyes* in many different ways. They take longer to get used to the lessened light of a room, after leaving the street, sunlight, or going from a bright to a more shady or darker place. Some persons have excellent *long sight*, yet have to wear glasses to *read*, or properly see *near* objects, etc. It causes *noises* in the *ears*, also *drowsiness*, etc.

RAILROAD EMPLOYEES

Engineers, Architects, Captains, Divers, Firemen, Helmsmen, Motormen, &c.,

who frequently wash or wet their heads do so at the *risk* of appalling consequences.



Every Railroad System, Steamship Com-
pany, and Street Railway, should notify
their Employees of the dangers likely to
result through frequent head-wetting.

* * * THIS WARNING * * *

may not only be the means of avoiding many accidents,
and the sacrifice of human lives, but will no doubt save
the Companies untold trouble, inconvenience, and the—at
times—loss of valuable property and thousands of dollars.

A long train of *difficulties, losses, or misfortunes* sometimes proceed from *one wrong step* into which ignorance or *inconsideration* betrayed us, so every evil that befalls us in consequence of our wilful ignorance or neglect we can charge to our own account.

This habit makes one easier overheated, and he will be slower to reach his normal temperature again (and thus often feel irritably uncomfortable), and of course more liable to be chilled or catch cold.

It causes an individual to be unfitted or partially unfitted to endure extremes of cold or heat, greatly impairs the heat-regulating power of the system, makes one more easily affected by excitement or liquor, and, I think, is one of the causes of

SO MUCH DRUNKENNESS.

MANY strokes, though with a small axe, hew down and fell the hardest timbered oak.—*Henry VI., Part 3.*

To many these observations may appear somewhat incredible, but I would here remark that no statement has been made without great care and close investigation, covering a large number of cases. This has served to confirm me in the views here expressed. While in some instances the causes may seem very remote, yet in carefully tracing them I find them no less direct.

THE highest and most profitable learning is a knowledge of ourselves.

THE INJURY done to mankind through continuous head-wetting can never be estimated. This practice has impaired thousands, and probably ruined, mentally and physically, some of our best and cleverest men. The downfall of many, I believe, could be traced to this habit.

TO SOME of my readers I can say that even after a violation of the laws of the organization (by this habit) has brought on disease, a naturally vigorous constitution often retains no small share of its former elasticity and energy, and imparts the same qualities to the mental operations ; but, in proportion as this is defective, weakness of some kind will remain.

WHAT wound did ever heal but by degrees.—Othello.

No man is born unto himself alone,
 Who lives unto himself, he lives to none,
 The world's a body, each man a member, should
 Add some measure to the public good.

DR. JOHNSON used to say, "He who waits to do a great deal of good at once will never do any."

In conclusion let me say, my dear reader, had such a pamphlet as this, with the information contained herein, been placed in my hands 20 years ago, how different might have been my position, physically, mentally, and financially, to say nothing of the pain and suffering which might have been averted. The book is not large, but let me hope it will in the experience of many, be found to possess a true value in the prevention of many serious troubles, which at first may appear trivial. This book is written with a heartfelt desire to enable the masses to avoid a fate similar to my own, to help spare them from years of suffering and sorrow like unto that which I have undergone.

N. B.—It is not literary composition, but the truthful presentation of stern facts which are (in this humble work) pretended to.

BRIEF EXTRACTS WHICH MAY HELP SOME PERSONS.

CONSUMPTION.

Dr. Bryce, of the Provincial Board of Health, has received in pamphlet form a treatise by E. J. Trudeau, M.D., entitled "Sanitaria for the treatment of incipient tuberculosis." It deals with an experience extending over thirteen years in connection with the Adirondack Cottage Sanitarium, N.Y. The doctor states that the curability of pulmonary tuberculosis in its earlier stages is amply demonstrated by evidence obtained in the autopsy room and by clinical observation. The cottage plan, which separates the patients as much as possible from one another, and affords each individual so large an air space as to make it difficult, when rigid precautions as to the care of the expectoration are enforced, for the buildings to become contaminated, is considered essential in fighting the disease. The apathy of the profession as to the importance of making an early diagnosis is characterized as "almost incomprehensible." It is urged that as soon as the diagnosis of tuberculosis is established, no matter how well the patient may appear, he should at once be told the grave nature of his malady, and an immediate removal from his surroundings should be impressed upon him, while it is explained to him that the best, and possibly the only, chance of restoration lies in prompt action and the adoption of thorough measures. The pamphlet deals with the treatment of patients at the sanitarium, and in this connection great stress is laid on the fresh air treatment. It seems that one of the main duties imposed upon patients is to remain out of doors—well wrapped up of course—for many hours a day all the year round. Care is taken as to proper clothing, etc., and it is found that this system proves the best possible stimulant to the assimilating powers of patients whose lives have been spent almost entirely in close and overheated rooms.

CHILDREN'S NOSES.

CHILDREN'S noses should not be squeezed nor pinched to make the orifices smaller, (but rather stretched occasionally). I have known cases where this has been done by mothers to make them "look more genteel." It is a silly practice, productive of future trouble, not only to the nose itself but indirectly to the brain as well. Grown people also do it. One young woman told me she occasionally wore a "clothes pin on her nose" to render the orifices smaller. In most folks they are sadly in need of being made much larger. An Austrian scientist has been attacking the European nose. He says it is a miserable, degraded organ, and a disgrace to civilization. He admires the large, full nostrils of the negro, and says that is the sort of nose to have. That is the nose that can smell. The nose of Europe cannot smell; our olfactory sense is gone. "He attributes this degeneration" to cigarette smoking life in crowds.

It is essential that in order to secure the *highest* development of the individual, the *physical* side of the child's life should not be neglected. Physical health and strength were powerful aids to intellectual and moral growth. Harmony is God's law.—*Inspector Hughes*.

ALL the precepts of the Divine Law are linked together. Negligence in one single point may lead to the destruction of all.—*St. John Chrysostom*.

THE worst days of darkness through which I have ever passed have been greatly alleviated by throwing myself with all my energy into some work relating to others.—J. A. Garfield.

TRUTH.

TRUTH IS TO every man of equal importance, for it is the only secure basis of right conduct respecting ourselves and fellow creatures. Instead of opposing each other with indecorous vehemence, we ought amicably to unite against the miscreant error, to search after the truth with reciprocal candour ; be as sincerely disposed to weigh the arguments of another as we are to give validity to our own. Truth is the professed object of all, and it is certainly the interest of all to possess it, but the only road to the possession is that of assiduous and impartial inquiry.

To write to please an envious critic few could,
To write to please an interested *one* few would.

—Lacon.

A GOOD book is the precious life blood of a master spirit, embalmed and treasured up on purpose to a life beyond life.—*Milton*.

We come into this world to play our part ;
Thrice happy he who has performed it well.

He that has never known ill-fortune has never known himself or his virtues—*Mallet*.

REMEMBER great works are performed not by strength but by perseverance.

PHTHISIS.

DR. JOHN TATHAM, a great authority on the duration of life, as shown by the registrar's returns, has just issued a volume reviewing the vital statistics of England for the ten years 1881-90. He gives the results of deep study of the mortality of men in a large number of occupations and groups of occupations, and trace their varying liability to several of the principal causes of death. We cannot do more than refer to that branch of the subject in which the mortality of "occupied" males is considered apart from that of "unoccupied" males. Phthisis and diseases of the respiratory system are the most excessively fatal to occupied males, both in London and in the industrial districts.—*Mail*, 25th Dec., 1897.

SIX ESKIMOS, brought to the United States by Lieut. Peary, are in Bellevue Hospital, New York, suffering from pulmonary and bronchial ailments. One moral pointed by the fate of these unfortunates is that Nature's laws can no more be defied with impunity in the physiological than in the economic world.—4th Nov., '97, *Mail*.

SUNSTROKE.

"During the month of January," says the *Medical News*, "there occurred over three hundred deaths from sunstroke in Australia. When called upon to offer suggestions relative to its prevention, the Medical Board promptly informed the Colonial Government that of all the predisposing causes none was so potent as undue indulgence in intoxicating liquors—and in its treatment nothing seemed to have a more disastrous effect than the administration of alcoholic stimulants. After this precaution, suggestions were offered regarding the selection of proper clothing."

PROSTRATED BY HEAT.

YESTERDAY'S RECORD ACROSS THE BORDER—104

IN THE SHADE.

Chicago, July 30—Seven prostrations from the heat were reported here yesterday. In Cincinnati many men were overcome by the heat. St. Louis reports 34 persons prostrated by heat and *many of them will probably die*. The thermometer marked 98 degrees, and the suffering was increased by the *humidity* of the atmosphere. Two deaths were reported.

In Louisville the hot weather record for fifteen years was broken. The thermometer registered 98 degrees in the shade. Two laborers *died* from *heat prostration*.

In Illinois there was great suffering from the heat. There were numerous prostrations.

The hottest day of the year was registered at Centralia, where the mark was 102 in the shade.

In Carlisle, Ill., the mercury climbed up to 104 in the shade, and *two deaths* resulted.

Washington, July 30.—Col. W. E. McArthur, clerk to Representative Hermann of Oregon, was found lying unconscious on the street last evening and *died* shortly afterward. The physicians diagnosed the case as one of *heat stroke*.—*Telegram*, 1896.

AN AWFUL RECORD.—New York, Oct 1.—Up to four o'clock to-day sixteen suicides and sudden deaths have been chronicled here as having happened since early this morning.—*Mail*, '97.

How many men throw up their hands at a time when a little more patience, effort a little longer continued would have secured success.

THERE'S nothing either good or bad but thinking makes it so.

REGARDING WATER DRINKING.

Don't drink cold water in the middle of a meal, nor much at the conclusion of it. *Sandow* says it should be taken when the stomach is *empty*. Don't drink while in an overheated state. If you drink while very warm, drink slowly and only a little at a time. Don't drink much when eating, as you value the efficiency of your *stomach* upon which—the strength of body and mind—so much depend. Never take a cold drink and immediately after a warm, or a warm after a cold one, much irreparable injury is thus done to an organ more abused and injured than ever suspected. Postmortem examinations disclose startling facts, proving that where many people believed themselves well there was some (stomach or other) disease. Many will tell you they are subject to “being out of sorts occasionally,” *biliousness, indigestion, headache*, etc. “It's in the family, you know, so I don't expect to get rid of my periodical indispositions.” Such folks don't seem to think that there may be a removable cause.

DRINKING WATER ANALYZED.

Mr. A. McGill, of the *Department of Inland Revenue*, has made *an analysis of sixty-one samples of well water collected at various points throughout the Dominion*. An examination of the results of the analysis shows that twenty-four samples are *apparently good and safe waters*; *thirteen samples are clearly bad and unsafe*, while *twenty-four samples maybe considered doubtful*, so far as these results are concerned. Mr. McGill says: “*It cannot be too emphatically stated that, although clearness, coldness, colorlessness and palatability should be insisted upon, they are no guarantee of the purity of a water supply. It has again and again been found by our collectors that the utmost confidence in the purity and wholesomeness of a water supply has existed where the analysis of the sample has proved dangerous contamination.*”

AGAINST DRINKING AT MEALS.

THE reason why drinking should not accompany eating, but be indulged in before or afterwards, is, in the first place, because liquids are foods as well as solids, and repasts must be kept as light as possible at all costs. But there is another reason. Dry repasts, if light, lead to a loss of flesh, whereas the same quantity of food, if it include liquids, is devoid of this effect. It is not easy to say why this should be so ; but the most probable explanation is that when only solids are eaten, the juices of the body are called into action to a larger extent than otherwise, in order to further the process of digestion, whence a sensation of thirst is usually experienced. The body has thus lost more than the ordinary quantity of water, and if this loss be not compensated by drinking it will be replaced by the body itself, which will draw upon its superfluous fat for the purpose. The fat is decomposed into its elements, and combustion takes place. This process commences about an hour after eating, and if drinking be deferred until then it may be indulged in afterward with profit, inasmuch as it promotes the very process which half an hour earlier it would have prevented. But in any case, and at all times during the cure, liquids must be taken with as much moderation as solids.—Good Housekeeping.

GLADSTONE'S HEAD PAINS.

SURGICAL OPERATION ON THE NOSE TO ALLEVIATE
THE TROUBLE.

London, Feb. 24.—The *St. James' Gazette* this afternoon says it is informed that Mr. Gladstone will shortly undergo *an operation* to alleviate the pain caused by necrosis of the bone of the nose, from which, it is alleged, some of the *specialists say* he is suffering.—*Globe*.

“Last November he was to consult physicians in regard to the *continuous facial neuralgia* from which he suffers. Except for this trouble he was then in pronounced good health.”

OBSERVATION is the best teacher.

TIME is the oldest and most infallible of all critics.—E. Rouse.

Opinion is a medium between knowledge and ignorance.—Plato.

GOD regards the motive and not the action. It is not the importance of the action that he considers, but the excellence of the intention which prompts it.—St. Gregory the Great.

There is no great genius free from some tincture of madness.—*Seneca*.

PERIODICAL EXAMINATIONS BY PHYSICIANS.

For several years I have advocated periodical examinations—and my views have been published in many influential papers. I have met so many weakened and injured people, people who had they been carefully examined by a reliable physician, the same as if for life insurance or the army, might now be well and strong, that I have come to the conclusion that every physician should warn his patients of the necessity of securing advice regarding his or her bodily condition at regular intervals. There are laws which require boilers, steamboats, ships, engines, etc., to be periodically examined by competent inspectors, and this is done as a protection against accidents. The mechanism of our bodies is very complex and liable to get out of order through strains, falls, heavy lifting, etc., yet little or no attention is paid until it is perhaps past repair. Many serious ills cause no pain, but occasional uncomfortable feelings, or anxiety. Nervous troubles, heart and bright's disease, varicose veins, hernia, etc., might be relieved or cured if the patient had been examined in time. Since La Grippe has invaded the land constitutional weaknesses are more apparent, and we frequently read that "he or she retired in good health, but was found dead in the morning," other cases read "Mr. or Mrs. was in usual health going to visit a friend, speaking, eating, working, or enjoying themselves as if in perfect health when collapse took place and when raised up life was extinct. I say again everyone should be periodically examined by a reliable physician. I quote from the *Sun*, 7th May, 1891, which says it is a grand suggestion, far reaching and radical in its results, protecting and benefitting the mass of the people and confining those in need of medical skill to the care of legitimate physicians. Thousands would be saved from misery, their health improved, lives lengthened, and the wealth of the country—yes the world—increased.

THE SUCCESS OF MEDICAL QUACKERY. SHAM OPERATIONS PERFORMED.

Paris, Aug. 10.—Quackery has come to be more profitable than the legitimate practice of medicine with a large class in this city. The other day a gentleman whose rooms are crowded from morning till night with patients was threatened with prosecution for exercising the profession without a diploma. Being thus brought to bay, *he confidentially displayed to the officials the necessary document. He, however, implored the authorities to keep the diploma a secret*, explaining that if his clients had an inkling that he was a *veritable physician his gains would diminish*.

M. Paul de Cassagnac makes even a more remarkable disclosure, and vouches for its authenticity. He asserts that there is a house in Paris in which patients are received for the purpose of undergoing *sham operations*. They have *been induced to believe that they are suffering from some organic complaint*, which can only be cured with the knife, and they betake themselves to this establishment, which has been particularly recommended to them. On the day appointed for the so-called operations they are put under chloroform, and a few make-believe cuts and scratches are inflicted. In certain medical circles there is a regular name for men who practice these tricks on the victims of some imaginary ailment.—*Mail*, 1896.

FEW love to hear the sins they love to act.—*Pericles*.

IT is late before the brave despair.—*Thomson*.

HOW TO LIVE LONG.

Sir James Sawyer, a well-known physician of Birmingham, has been confiding to an audience in that town the secret of longevity. Keep the following nineteen commandments, and Sir James sees no reason why you should not live to be 100:—

1. Eight hours' sleep.
2. Sleep on your right side.
3. Keep your bedroom window open all night.
4. Have a mat to your bedroom door.
5. Do not have your bedstead against the wall.
6. No cold tub in the morning, but a bath at the temperature of the body.
7. Exercise before breakfast.
8. Eat little meat and see that it is well cooked.
9. (For adults) Drink no milk.
10. Eat plenty of fat, to feed the cells which destroy diseased germs.
11. Avoid intoxicants, which destroy those cells.
12. Daily exercise in the open air.
13. Allow no pet animals in your living rooms. They are apt to carry about disease germs.
14. Live in the country if you can.
15. Watch the three D's—drinking water, damp and drains.
16. Have a change of occupation.
17. Take frequent and short holidays.
18. Limit your ambition, and
19. Keep your temper.

Sir James himself is just over 53, and assuming that he practices what he preaches, should be carefully inquired for some forty-seven years hence.

HERBERT SPENCER.

HIS WONDERFUL MENTAL VIGOR.

LONDON, July 6.—Herbert Spencer's surprising vigor is illustrated in his latest new departure against socialism. The philosopher is now in his 77th year, *and to use his own words*, he has *been an invalid for four decades*, ever since his "Principles of Psychology" appeared in 1855. Yet since that time the whole huge mass of writing which embodies his social system has been published, and now the task is virtually completed. Ten years ago his physicians told Mr. Spencer that his period of literary productivity was ended. How little they knew of the indomitable soul of the great evolutionist let his output since 1886 testify. Some of the American newspapers that make a feature of getting advice as to "how to live" from those who have lived long should try to find out the specific that has enabled Spencèr, a man always exceedingly delicate, to do for forty years some of the hardest thinking and closest writing of the century.

IF we keep well and cheerful and the mind constantly active, we never grow old. By-and-bye we get to the end of the journey, but we never grow old.—E. N. Kirk.

FROM morning till night there is not an hour without its cross to carry.

A HEAD properly constituted can accommodate itself to whatever pillows the vicissitudes of fortune may place under it.

Life counts not hours by joys or pangs,
But just by duties done.

FIVE GOOD SUGGESTIONS BY PROF. CAVANAGH, THE PHRENOLOGIST.

1st. Be examined periodically by a reliable physician ; at least every three years.

2nd. By so doing you will learn the state of your health regularly—a most important thing—as you may often save yourself from a severe sickness, or the imposition of some unscrupulous pretender.

3rd. If you notice any swelling like a tumor in any part of the body, or any enlarged veins, consult a physician.

4th. Varicose veins may be checked and rupture noticed when first it appears. This last appalling affliction could often be cured or rendered harmless if the patient only knew what it was in time.

5th. The majority of people troubled with rupture did not suspect that the little swelling would increase so as to not only inconvenience and torture, but render them at any time liable to be stricken down and subject to a dreadful death. All this, as well as the agony of mind it causes, could have been avoided and the money worse than wasted on useless trusses saved, by consulting your doctor in time. Almost all trusses are failures. I am acquainted with the best authorities on trusses, those who supply the General Hospital, and warn the public not to take a truss or treatment for rupture from any one without first consulting your family doctor. Why I mention this latter subject at all is because of the appalling misery which abounds in every community through hernia or rupture.—
Orillia Packet.

He's true to God who's true to man ; wherever wrong is
done

To the *humblest* and the *weakest*, 'neath the all behold-
ing sun,

That wrong is also done to us : and they are slaves most
base,

Whose love of right is for themselves, and not for *all*
the race.

—*Lowell*.

THE mind conceives with pain, but it brings forth with
delight.

HE had the strength of ten because his mind (brain)
was pure.

WORKINGMAN'S FORTUNE.

Health is the workingman's fortune, and he ought to
watch over it more than the capitalist over his largest in-
vestments. Health lightens the efforts of body and mind.
It enables a man to crowd much work into narrow space.
—*Dr. Channing*.

INFLUENCES are everywhere at work which, unless
sedulously guarded against, are sure to produce physical
deterioration, and with this is sure to come intellectual
weakness.—*Dr. Clark and Dr. Bourinot*.

A GOOD digestion turneth all to health.—*Wordsworth*.

THE POWER OF THOUGHT.

Thought, though unseen, is all powerful ; our bodies are its slaves. No man living can foretell all that is possible for a properly matured and great brain—not necessarily a large one—to accomplish.

PROF. FOWLER, the great phrenologist, says none need ever think of becoming great intellectually, however splendid their heads or temperaments, without a world of vigorous exercise—of real hard work even. All eminent men have laid the foundations of their superiority by working hard during their minority, and continuing to exercise daily through life. Physical exercise is as indispensable to greatness as the intellectual organs themselves, and one principal reason why so many men, having all the phrenological indications of greatness, do not distinguish themselves, is a want of physical exercise.

GREAT THOUGHTS like accidents come unawares.

He who has an empty head has an empty pocket.

A graduate is not always a genius.

A truth is a thought which has evaded examination.

Age has its follies as well as youth.

Neither love nor ignorance can be convinced.

The great man always charges his own price for his thoughts and always receives it.

Merit reward and you will receive it.

In a contest of words, he who is specific succeeds.

—Albert Hassard.

MRS. FRANK LESLIE

says : “ To tell a disagreeable truth when it can be avoided is either churlish and unamiable, or it is one of the greatest proofs of love and trust that can be given.”

A MAN who will not lie to a woman will not lie to anybody.

THE diseases of society cannot no more than corporeal maladies be prevented or cured without being spoken about in plain language.—*John Stuart Mill*.

THE first great requisite is absolute sincerity. Falsehood and disguise are miseries and misery makers.—*Coleridge*.

MEN’S faults do seldom to themselves appear.

HE that has never known ill-fortune has never known himself or his virtues.—*Mallet*.

LEAN on your health, the which if you give o’er to stormy passion, must perforce decay.—*Henry IV., Part 2*.

IF you desire to be popular, pretend to see others as they would wish you to see them. See them as they are and they will detest you.—*Catholic Register*.

THE truly wise should have no keeper of his (or her) secret but himself.

TO TELL THEM THEIR FAULTS.

IT IS ONE OF THE severest tests of friendship to tell your friend of his faults. If you are angry with a man or hate him, it is not hard to go to him and stab him with words; but so to love a man that you cannot bear to see the stain of sin upon him, and to speak painful truth through loving words, that is friendship. But few have such friends. Our enemies usually teach us what we are at the point of the sword.

WEAK MOMENTS IN ALL LIVES.

I am now sitting at a very hard task, one that breaks my heart, to write to you a sad communication to deliver to my father and mother. I have sinned, and God knows but one day, nay, one hour, before it was done, I could *not have believed* I should have given way.—See the Emma Hall case, which appeared in *The Mail* 29th April, 1895.

THE truths of Physiology should be inculcated and enforced early, earnestly, and with the emphasis of high religious duty.—Youmans.

ALL young men require an immense amount of restraint. Most of them can barely be kept passably “straight” by all the converging stringencies of law, public opinion, mother, sister, sweetheart, and society to boot. CONSCIENCE can do much, but by no means all required.—*O. S. Fowler.*

ADVERSE CRITICISMS.

People should remember in reading or hearing adverse criticisms of phrenology (or any science) that the writer or speaker may be prejudiced, not understand it, or have some spite or antipathy to one who is a professor or advocate of the science referred to. Most public men and women—especially reformers and phrenologists—have bitter enemies. There are two sides to every case or quarrel.

“AND why beholdest thou the mote that is in thy brother’s eye, and perceivest not the beam that is in thine own eye?”

WENDELL PHILLIPS

Says, let us believe that the whole of truth can never do any harm to the whole of virtue.

THE TEMPTATIONS to which young men are exposed are many and terrible. Women with their quieter natures and more placid temperaments, can have no conception of them, or of the fearful struggles of good and honorable men against the net which the world tries to draw around them.—Talks by “Teresa,” *Catholic Register*.

WOMAN’S moral support is as valuable to a man as his material support is necessary to her. Lord Russell.

“THIS man with his piercing, steady eye elicits the truth, the whole truth, and nothing but the truth. You feel a certain tame helplessness ; you know intuitively, on the spot, that he is a man who would immediately detect the slightest prevarication. If needs were, and he wished it, you know that the whole story of any life to its minutest details would be laid bare before him. Everything about this man speaks of an extraordinary and nimble mind, of a true kindness of heart.” The above is copied as an illustration of a rare *faculty* of *observation*, possessed by that extraordinary and prolific journalist, Kit of the *Mail*.

A FACE which is always serene possesses a mysterious and powerful attraction. Sad hearts come to it as to the sun, to warm themselves again.—Abbe Roux.

PHILOSOPHY OF PHRENOLOGY.

ANTI-PHRENOLOGISTS READ THIS.

Phrenology, it has been said, cannot be true, because it leads to materialism, and thus undermines the principles of morality and religion. It is to be regretted that the opponents of phrenology should have recourse to such a subterfuge in shape of argument—a subterfuge that savors so much of ignorance and bigotry. Phrenology leads to no such conclusion. The distinguished founders of the system disclaim such an inference, and many able and enlightened professors of religion rank amongst its champions, who would be the last to advocate any doctrine that would lead to such a conclusion. We all admit that the eye is the organ of vision, and that without the eye the mind cannot see. But do we allow that the belief of such a doctrine leads to materialism? Certainly not. We all admit that the mind may exist after the eye is destroyed, although it cannot see without such an organ; so we admit that the essence of the mind may exist after the brain is destroyed, although that organ is necessary in the present state of things for the mental manifestation. It is not phrenology, but the contrary doctrine that leads to a dangerous conclusion. The anti-phrenologist cannot account for mental aberration of any kind without assuming a principle that leads to a most appalling conclusion. In insanity, for example, he says the mind is deranged. But can the mind become so affected? Can that pure

ethereal being, that emanation of Deity itself, that incomprehensible existence whose aspirations rise above all sublunary things, and whose desires are as boundless as eternity—can that being become deranged? If we answer this question in the affirmative, we state in so many words that the mind can become diseased, and if liable to disease it clearly follows that it may die. But phrenology leads to no such conclusion. Phrenology draws a broad line of demarcation between the organ of the mind and the mind itself, and it is obvious that what may be predicated of the one does not necessarily apply to the other. There is nothing in phrenology at variance with the consoling doctrine of the mind's immortality; for though the organ of the mind perish, the mind itself may not only survive, but even, (to use the words of Addison,)

“Flourish in immortal youth,
Unhurt amid the war of elements,
The wreck of matter, and the crash of worlds.”

ABOUT MUSICAL TALENT.

I have discovered a method by which anyone can tell—can see—if an individual is endowed with musical ability. (Provided, of course, the inspected party is in a normal, healthy state). This degree of skill has never been attained before by anyone. I intend in the near future to make my discovery known to the world. Phrenologists have always been unable to tell “Tune” correctly. I reason thus, every effect must have a cause. My discovery is based upon common-sense grounds. This is not my only secret. “There are others,” which may be of great value to physicians.

PHRENOLOGY DEBATED.

Prof. Cavanagh, the talented author of the series of letters, studded with "hard facts," which have been appearing for some time in *The Packet*, says in his final letter to "Medicus:" "You do not contradict any test I have mentioned, by which the general public can apply the science. I described many different developments of the head, which I said indicated certain talents or peculiarities, but you have not shown that in any single instance they were wrong. My letters were plainly written, and I gave directions by which anyone could test the truth or discover the erroneousness of Phrenology. "Every opportunity was given you to test me." Seeing is believing, especially if you selected your own subjects. The objections you offer are old, and have been exploded years ago. Sir William Hamilton's, which were considered strong at the time, were fully explained and thoroughly refuted." The Professor closes his letter with the following offer, which would certainly supply a fair test: "I would like blindfolded to pick out (at one of the large asylums here) a few of the violent insane for your instruction, and let you see if I selected the dangerous or harmless ones." One practical illustration is worth a column of theories. We can supply the illustrations, our opponents the theories, and it is a well-known fact that those inferiorly developed in the anterior lobe make poor headway in learning Phrenology.—*The Witness*, 1886.

THE MYSTERIOUS SUICIDE.

The public will remember the mysterious suicide, Prof. De Hann, whose case kept the people of the United States and Canada wondering and guessing who he was for five weeks. *Thousands of people*, and *those who thought they could read character*, viewed his features day after day in Stone's undertaking establishment, Yonge Street, Toronto. Said Superintendent Wilkes, Prof. Cavanagh discovered *what* he was within two minutes after observing him ; of the truth of this I'm willing to make an affidavit at any time. Accounts of this appeared in various papers.

THE following despatch was received in Toronto yesterday anent the man who committed suicide at the Queen's Hotel: "The man that committed suicide is a Cornell student." A later despatch from Ithaca gives the name as Jacob Dehann, a Cornell student taking a course in electrical engineering. Inspector Stark has given instructions that the body be not interred for a few days.—*Mail*, Sept. 30th, 1896.

THE spirit of industry, and great efforts, is prompted by "Hope." A great deal of this life's pleasure exists only in hope. When hope is weak it is sad indeed, because we imagine we are worse off than we really are. Many with good talents never succeed in proportion to their worth because this organ is inferiorly developed.

Do not look forward to what may happen to-morrow ; the same Everlasting Father who cares for you to-day will care for you to-morrow and every day. Either He will shield you from suffering or He will give you unfailing strength to bear it.—St. Francis de Sales.

UNEVEN HEAD.

IF the chest, back, leg, arm, hand or foot had a noticeable hollow or depression in it, it would certainly reduce its strength, and such would be the thoughts of any intelligent person; and so with the head or skull. If it is noticeably depressed, hollowed or uneven in any part or way it affects the action of the brain (and mind).—See Works on Insanity.

Lavater says any depression, deformity or deficiency in the skull, causes a like flaw in the character.

TRUE Christianity will gain by every step which is made in the knowledge of man.—*Spurzheim*.

EVERY noble crown is, and on earth will ever be, a crown of thorns.

FOR a man to know himself is the hardest thing in the world."—*Thales the Milesian*.

Men call *fretting* a minor fault—a foible and not a vice. But there is no vice except drunkenness which can so utterly destroy the peace and happiness of a home.—*Helen Hunt*.

THOSE who can best appreciate the comfort of rest must have suffered the miseries resulting from want of it.—*Cavanagh*.

THE best sleeper is the best man for hard work, whether of head or hand.—*Dr. Hall*.

ABOUT INSPECTOR MORGAN.

Some time ago Prof. Cavanagh was requested to examine the heads of two men by a leading gentleman of Orillia. So perfect was the disguise and acting of one of the two countrymen that the Professor was deceived. However, he said one of them if he received the necessary education would make a truly excellent scholar, because he was gifted with splendid brain power, and would not only be able to acquire, but teach languages, etc. The supposed farmer was J. C. Morgan, Esq., Inspector of Public Schools, a well-known brilliant musician. The joke turned out a triumph for the Professor in place of a defeat.—Orillia *News-Letter*.

A LIGHT heart lives long.—*Love's Labor Lost*.

THERE can be no eloquence without deep feeling.

I CRITICALLY examine a young head for a prophecy, and scrutinize an aged one for a record.—*Cavanagh*,

To struggle with the world—that is a proud thing. To struggle alone—there lies the doubt.—Ik Marvel.

THE value of self-control as a hygienic agent is very great. It prevents waste of vitality in feeling, emotion and passion. It helps to give one a mastery over pain and distress, rather than it a mastery over us.

THEN AND NOW, A DANGEROUS MAN.

LONDON, Dec. 19.—A man has been in London for a week who is destined to give England a vast deal of trouble. He is Count Leontieff, a Russian scientific explorer, who has been for seven years the trusted go-between for Russia and Abyssinia. He has gained a remarkable ascendancy in Abyssinia, and King Menelek appointed him Governor of the Equatorial Abyssinian provinces nearest the Nile. A part of Leontieff's plan is to extend the frontier to the Nile by seizing a big territory long since claimed by England for Egypt. England holds this territory to be of vital importance. "It used to be the custom to laugh at Leontieff as a mountebank, but he is recognized now as a man of great resource, courage and ambition."—*Mail*, '97.

NAPOLÉON (1796) had given indications of his military talents at Toulon, and of his remorseless nature at Paris, but the extent either of his ability or wickedness was at this time known to none, and perhaps not even suspected by himself.

POVERTY has made many individuals famous, inconvenience, sorrow, or pain, make many think profoundly.

HE who *surpasses* or subdues mankind must look down on the hate of those below.

I REPEAT to myself the words of Antisthenes, quoted by Marcus Aurelius: "It is a royal thing to be spoken ill of for good deeds." It is a fine thing to be given the chance to exercise that highest of all virtues—magnanimity.

JULIEN GORDON'S opinions concerning "Healthy Heroines" are full of wisdom. "I think," she says, "in regard to the effect of the mind on the body, it is too little understood that mental habits have an enormous value in deciding the physical condition. In the same way the physique tells upon the intellect. No good work can grow out of exhaustion, no fertility nor genius from nerves unstrung and jaded."

"FEAR" plunges the system into that state of debility which predisposes to fatal impressions, while the moral force of confidence enables it to repel contagion.—*J. W. Dawson.*

STATISTICS prove that gymnasium trained girls are half as strong again as girls who have not been so trained.

ARE YOU HEALTHY?

Young man or woman, are you healthy? Are you free from pains or aches? If so, you have power to advance in the world. Ascertain how to do so in the quickest and best way. Learn how to apply your mental and physical strength by having your head examined by Prof. Cavanagh.

SUCCESS is often missed for want of common sense in some ways, rather than through deficiency of talent.—*Cavanagh.*

IF you have to read over letters, papers, books, etc., again and again to get the full meaning impressed upon your mind, or find a difficulty in fixing your attention, you need advice from a mental specialist.

WHEN any part of the system is active it invariably attracts to itself an increased supply of blood and nervous energy, so young man or woman this fact should encourage you to regularly study.

HENRY CLEWS, the millionaire, is of the opinion that nature has provided a place for every man, and if he can discover exactly what business nature intended him to follow, his fortune is assured. A man who was intended for a blacksmith will never be a successful banker said Mr. Clews. Every man possesses special qualifications for some trade or art. If he can find his place, money comes to him easily. My advice is to *find out what you are fit for*, and then go to work at it with heart and soul.—*Toronto News*, 6th August, 1890.

It is a well known fact—and all medical men will agree with me here—that a part deprived of (or interfered with) in the exercise which nature intended it to perform diminishes in bulk, weakens, and finally alters and shrinks so much as to be hardly recognized. If an artery be tied and the flow of blood obstructed, a change of structure immediately begins, and goes on progressively, till, in the space of a few weeks, what was formerly a rubber-like tube looks an inelastic ligament.

STATISTICS.

THE estimated population of the world on January 1, 1895, was 1,300,000,000. Only one-half of all who are born into the world live to the age of seventeen years. Vital statistics prove that, taking the world over, there are 109 women to every 100 men. Out of every nine sudden deaths reported, eight of the number are men.

THE GREATEST MEN of ancient times were poor. Luxuriousness is the rock upon which many are wrecked to-day.

BILL NYE'S HEAD.

In order to note the advancement made by phrenology, I went yesterday to visit the leading phrenologist of America, and—no doubt—of the world. Frankly, I must confess it was a case of going quietly to scoff and remaining to pray, for I don't believe Inspector Byrnes is "on to me" with more fidelity or accuracy than the venerable bump manipulator who turned me over yesterday.—See *Toronto News*, 20th Dec., 1891.

CRAFTY MEN condemn studies, simple men admire them, and wise men use them, for they teach not their own use; but that there is a wisdom without them, and above them, won by observation.—*Bacon*.

THE PHRENOLOGIST WAS WRONG! WAS HE?

Some time ago a certain Phrenologist delineated the character of a very influential gentleman, and stated that he considered him—if placed in temptation—one who would be unscrupulous, appropriate funds, etc. The gentleman's friends were so indignant that the phrenologist had to leave the city in a decidedly hurried manner. A few months afterwards this simon pure, dyed-in-the-wool, warranted-to-wash friend of humanity, was found to be a forger, etc., for enormous amounts; and was actually so at the time his head was examined. The mistakes of phrenologists are often laughed at or published, but the thousands of those who have been helped to rise from poverty to comfort or affluence are rarely printed. Many of the so-called mistakes frequently turn out no mistakes at all. Read the case of

JABEZ BALFOUR,

Ex-member of Parliament, *Mail*, 10th May, 1895. Balfour's career is almost without parallel. For more than a *quarter of a century* he was *believed* by the *masses* of England to be a *great* and *good man*, with a benevolent heart beating warmly for the poor, and during *most of that time* he was robbing them of millions. The losses through his swindling operations aggregated \$35,000,000, and the losers—widows, orphans, and aged people of small means—numbered by the hundred thousand, were led to invest because Mr. Balfour—a leader in church, particularly eloquent in *public* prayer and exhortation—was such a good man, and looked with strongest disapproval upon theatres and worldly things.

Please to remember that *before* the discovery of phrenology the most *discordant opinions* were entertained by *philosophers* regarding the powers of the mind, and unanimity did not prevail regarding the corporeal seat of the mental operations. Phrenology has exposed their erroneous doctrines and proved that all mental manifestations must—do—take place in the brain.

JUDGE ROSE ON PHRENOLOGY.

Phrenologists in Prisons.

MR. JUSTICE ROSE'S SUGGESTION IS TO DIAGNOSE THE
CRIMINAL AND TREAT HIM ACCORDINGLY.

The Grand Jury, who have been busy, more or less, at the Assizes, for the last twelve days, made their presentment this morning, following on the lines of the jury at the Sessions, advocating indefinite sentences. *Mr. Justice Rose spoke very strongly on the subject.*

At the jail the jury noticed improvements in the way of classification, and in the Mercer Reformatory there should be more classification.

A JUDGE'S RESPONSIBILITY.

"For many years I have given the subject of prison reforms as much attention as I found it in my power to do. I quite agree with you as to the system of indeterminate sentences. No one who has not had especial opportunity can have any idea of the responsibility which one feels in passing sentence on criminals. *You feel that you should know their whole past life, their associations and environments, their instincts and disposition,* correction is sometimes required physically, sometimes not; sometimes intellectually, sometimes not; sometimes morally, oftener not. The position is not a pleasant one.

ADVANCE OF PRISON REFORM.

"If we advance, and, thanks to *prison reformers* we are advancing, so that *a study* can be made of *each prisoner*, we shall be far on the right road. We deal with prisoners *as a class*. In the old days they killed them, and put them out of the way. Now we shut them up and do nothing else. They are confined for a while, and come out. But with what result? What reform process has there been? None."

PHRENOLOGY OF CONVICTS.

He advocated the appointment of an inspector, "a man of educational refinement and social culture, a man who could make a study of phrenology, and could look over each prisoner. If we could pay a salary large enough to tempt such a man to give his life to the visiting of our asylums and prisons, and examine each prisoner, to know all about him, to recommend that his term should cease, or make other recommendation fitting the case, we should then be advancing.

A man might stand in the dock and not need imprisonment. He might be perverted or afflicted some other way and it might be wrong to send him down. It might be right to send him as a lunatic. Many of these things are wrong.

PRISONS SCHOOLS OF CRIME.

"Many prisons are schools of crime, where men and women, having made *one slip*, come out finished criminals. Classification is absolutely necessary. We can't be too liberal in spending money towards moral and physical development.

DRUNKENNESS NO CRIME.

"I think that to treat all drunkards as criminals is wrong, absolutely wrong, and, speaking generally, without justification. Any one who has been familiar with a habitual drunkard, knows how he loses will-power and becomes in many ways as an imbecile. It should be treated not as a crime. A man may have been criminal in coming to it, but it should be treated as a disease.

"I will forward your report to the Inspector of Prisons. I am glad you made these recommendations. This report must not be pigeon-holed. If you go out and use your influence it will help to bring these things about.—*Evening Star*, 21st Jan., 1893.

JUSTICE ROSE ON PHRENOLOGY.

Some day each prisoner would be treated as an individual, and the necessities of each one, with a view to his improvement, would be considered. Now criminals were treated as a class and prisons were schools of vice.

EXPERT IN PHRENOLOGY.

He hoped that some day the Government would appoint, with an adequate remuneration, the best man that could be secured, an expert in phrenology, who would visit every jail, prison and reformatory, study each prisoner and make his recommendations to the authorities accordingly. This would be proceeding along lines that were intelligent, very different from the present system. Classification of prisoners was absolutely necessary. He thought that the Government could not be too liberal in expending money on prisons.

He favored, too, the grand jury's recommendation for the establishment of a reformatory for inebriates. To treat all drunkards as criminals, as now, was not right. The weakness of will and destruction of the system through indulgence in strong drink became a disease, as people knew who had had any experience in trying to reform drunkards. A drunkard might be guilty for becoming a drunkard, but as such he was not responsible for his condition. Some provision should be made for inebriates to take them from their present haunts in the worst localities of the community.—*21st Jan., 1898, News.*

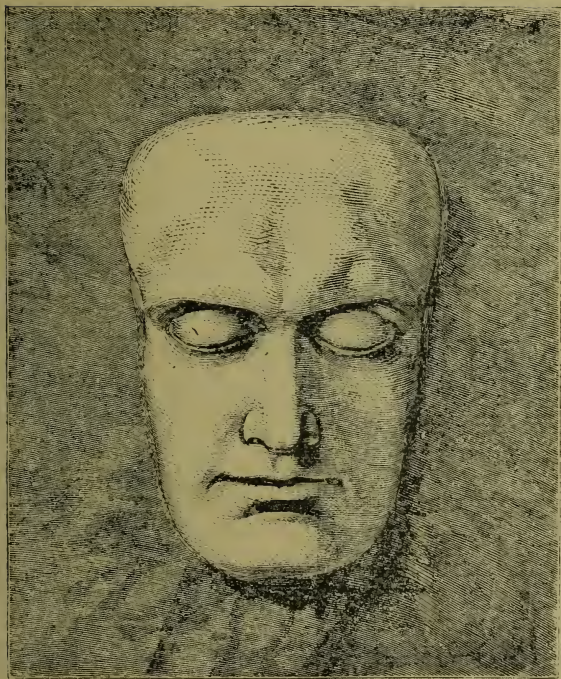
THE true test of a great man—that, at least which must secure his place among the highest order of great men—is his having been in advance of his age.—*Brougham.*

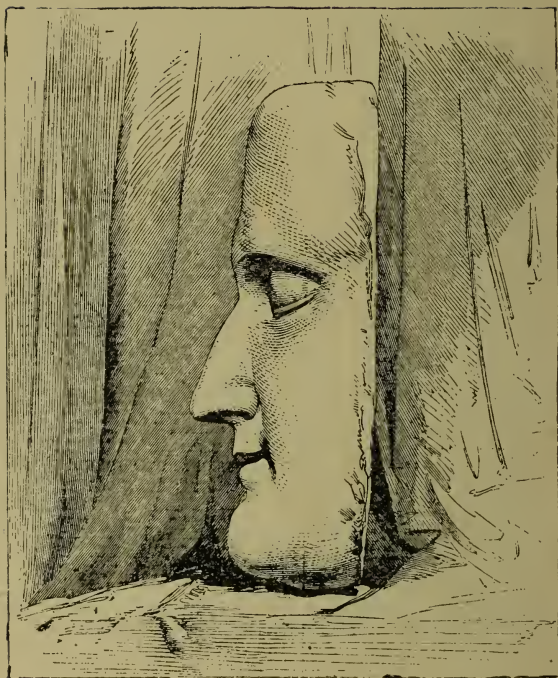
If the opinions of eminent professional men, both in Europe and America, in regard to the truth and utility of phrenology be of any account, the following names should have some weight with unbiased readers :—

Sir G. S. Mackenzie.	Prof. C. Caldwell.
Robert Hunter, M. D.	Prof. G. S. Morton.
Prof. James Shannon.	Prof. S. G. Harvey.
C. Otto, M.D.	Prof. Geo. Bush.
Rich. D. Evanson, M.D.	Judge E. P. Hurlbut.
Prof. Silliman.	Hon. W. H. Seward.
Joseph Vimont, M.D.	Hon. Amos Deane.
Rev. Thos. Chalmers, D.D.	Rev. Orville Dewey.
Rev. P. W. Drew.	Rev. John Pierpont.
Prof. R. H. Hunter.	Hon. S. S. Randall.
Hon. John Neal.	Allen Pringle, Esq.
Rev. Henry Ward Beecher.	John M. Carnochan, the
Dr. John W. Francis.	most distinguished sur-
Dr. J. V. C. Smith.	geon in the United
Dr. McClintock.	States. Hundreds more
Dr. John Bell.	could be added.
Judge Rose.	

RUSSELL H. CONWELL

Says, what is wanted is more of the observation and studying of nature that led men to originality and enabled them to turn to profit the fruits of their scrutiny. Men could learn more by going straight to nature and compiling facts than by accepting theories.





MEMORIAL OF THE EMPEROR NAPOLEON I.

Of this extraordinary man scores of relics are preserved in the cabinets of the curious and the museums of national establishments ; but few of these memorials possess the interest of that engraved upon page 352—a solid wax cast of the Emperor, taken on the morning after his death.

We quote the following details from the late Sir Hudson Lowe's "History of the Captivity of Napoleon at St. Helena," published in 1853, by Mr. W. Forsyth, M.A. : —

Dr. Arnott remained in the room with the body during the night of the 5th, and early next morning Sir Hudson Lowe, accompanied by Rear-Admiral Lambert, the Marquis de Montchenu, and several British officers, together with Mr. Brooke and Mr. Greentree, two of the Members of Council at St. Helena, proceeded to Longwood, and viewed the corpse of Napoleon, which lay with its face uncovered. Afterwards an opportunity was afforded to various other persons—officers of the army and navy, and inhabitants of the island—to see the body as it lay dressed in uniform upon the bed.

"Well, gentlemen," said Sir Hudson Lowe to Major Gorrequer and Mr. Henry, as they walked together before the door of the Plantation-house, conversing on the character of the deceased, "he was England's greatest enemy, and mine too ; but I forgive him everything. On the death of a great man like him we should only feel deep concern and regret."

Mr. Henry who assisted at the dissection of the corpse, says that the face had a remarkably placid expression, and indicated mildness and sweetness of disposition. Those who gazed on the features, as they lay in the still repose of death, could not help exclaiming, "How beautiful !" The head was so large as to be disproportioned to the rest of the body, and the forehead was very broad and full. It may interest phrenologists to know that the organs of combativeness, causativeness, and philoprogenitiveness, were strongly developed in the cranium. The skin was particularly white and delicate, and, notwithstanding the accumulation of external fat, the whole frame was slender and effeminate. There was scarcely any hair on the body, and that of the head was thin, fine and silky. On the left leg, near the ankle, was a scar, which appeared to have been occasioned by a wound.

When the coffin was finally closed it was placed upon the bed, and mass was performed in the room.

The wax cast is now in the possession of Captain Winneberger, of the Bavarian army, residing at No. 454, New Oxford-street ; who has brought it to England in the expectation that some collector of Napoleon relics may be induced to become its possessor. Our Illustrations are from photographs by Bland and Sons, Fleet-street.

—Copied from *Ill. London News*, 14th April, 1855.

These remarkably interesting copies of the casts of the

Great Napoleon's Head

and face—so far as I know of—have never been published in this country before.

Phrenologists and those who know something of the science will quickly notice the **beautiful** and **exceptional** developments of **Individuality** or **Observation**, **Form**, **Size**, **Weight**, **Color**, **Order**, **Calculation**, **Locality**, **Eventuality**, **Causality**, **Comparison**, and **Intuition** or **Human Nature**.

The developments of **Constructiveness** swell out the temporal region so enormously that any person—let alone a phrenologist—will instantly be struck by their conspicuousness.

These faculties show as plain in the head as they were predominant in his character, and furnish another grand proof that the (**Science of Form**) shape of the head indicates one's abilities, etc.

WHAT IS PHRENOLOGY?

It is a system of Mental Philosophy practically applied and proved by facts which cannot be denied. We are all cognizant of the truth that every head differs from every other in some way, either in length, width, height, size or shape. We do not, as some believe, look for hills or hollows, or "bumps," but measure the head in different directions and estimate the length of fibre, or distance from the Basilar Centre of the brain (*The Medulla Oblongata*), compare the strength of the different groups of organs as to the influence they exert on the character, etc., etc., and give advice how the mind may be rendered more harmonious in its action by restraining the strong and cultivating the weak organs.

I have three forms of examinations, viz. :

1st.—A plain oral description.

2nd.—To mark a chart of the organs, showing the strength and weakness of each, and what to cultivate and restrain.

3rd.—Includes the second, giving an extended written description of character, talents, what you are fitted for, etc., etc., so plain that anyone can understand it.

My experience has been gained in various positions and situations, from the English Civil Service to the battle field, insane asylums, colleges, hospitals, prisons and in many parts of the world.

Thanking the public for their kind and liberal patronage, and hoping for a continuance of the same,

I am, etc., sincerely, for your welfare,

F. J. L. CAVANAGH.

A FEW PRESS NOTICES

REGARDING

Prof. Cavanagh's ability as a Phrenologist.

FROM PROF. O. S. FOWLER'S STENOGRAPHER.

Many attribute their success in business, mechanics, the arts, and inventions to Prof. Cavanagh. He can produce probably more testimonials from inventors, and competent authorities than any other phrenologist. I regard him as thoroughly competent, and I had a long experience as stenographer with that world-renowned phrenologist, the late Prof. O. S. Fowler.

CHARLES H. CLARKE,

Late Editor *Toronto News*. *Sentinel*, July 12th, 1888.

SOME of the subjects who had never seen the Professor before ascending the stage, were astonished to find him not alone delineating their mental character, but stating also what diseases and weaknesses they were suffering from.—*Orillia Packet*.

PROF. CAVANAGH, in addition to explaining character, what suited for, etc., tells condition, weakness, injuries of *body* and *brain* by *merely* feeling the head. *We have had clear proof* of this. *Collingwood Enterprise*, August 11th, 1887.

BESIDES delineating character, *marriage adaptations*, etc., he can discover *bodily states* and *injuries*, such as *fits*, *kidney* and *heart* disease, *hernia* and *liability to insanity*, as well as *other* weaknesses. Many here informed of weaknesses and injuries of which they were before ignorant. He certainly has a wonderful knowledge of the human brain and *its influences*.—*Newmarket Era*, October 29th, 1886.

PROF. CAVANAGH visited the Insane and Idiot Asylums here, and described the peculiarities and talents of the inmates, *told the subjects they were insane on*, and gave details which astonished even the keepers, etc.—*News-Letter*, *Orillia*, Nov., 1885.

He has gained experience in several countries.—*Tribune*.

BIRCHALL SAYS IN HIS BOOK:

"Several professors of the phrenological art were in Oxford, and the latest that I have met is Prof. Cavanagh, of Toronto, a gentleman well known in scientific circles."

No ordinary murderer would have gone to Princeton to identify the body, and if Birchall did it he must be a man of Iron Nerve. *But he is not.* He is *weak* and has little cunning. *That is the opinion* of those who know him well. —Copied from *News*.

The public are well aware my chart recorded him as being secretive (cunning), not weak (but strong), and having an iron will which would endure to the very last in spite of everything, thus showing that I knew more of the man than those who knew him for a lifetime.

WE are acquainted with no other phrenologist or writer who can depict the intricacies of human character with so firm and masterly a hand, who can detect with so unerring a skill one's talents and peculiarities, or follow with so close an intuition the subtle windings of the deepest affections as Prof. Cavanagh.—*Toronto World*, 20th Nov., 1890.

PROF. CAVANAGH is a born reader of human nature. He discovers and describes one's best and worst characteristics with ease. The man is a natural detective with the cultured intuition of a great physician.—*Chicago Herald*, 12th Sept., 1893.

PROF. CAVANAGH is a phrenologist of rare merit, whose delineations of the powers and peculiarities of individuals show him to have a master mind and a sagacity and instinctive knowledge of those he meets which is phenomenal.—*Chicago Evening Post*, 11th Sept., 1893.

WE have found Prof. Cavanagh a thorough gentleman.—T. A. Bellamy, in *The Sun*.

PROF. CAVANAGH will rank in history with such men as Gall, Spurzheim, Combe and Fowler, as one of the greatest phrenologists.—*Saturday Night*, 30th Sept., 1893.

WE BEG TO CALL attention to Professor Cavanagh's wonderful proofs of his genius, in another column. This young man has proved his worth through the long years, and has done more for phrenology in Canada than any man of modern times.—*Telegram*, Sept. 15th, 1894.

PROF. CAVANAGH, the marvellous phrenologist.—Toronto *World*, May 11th, 1895.

PROF. CAVANAGH as an observer is astonishing, as a phrenologist, a wonder, and—seemingly—unequalled; the fruits of his work during the last *twelve years* abundantly *proving* this.—Toronto *Evening News*, May 13th, '95.

PROF. CAVANAGH has for years astonished people by his remarkable "intuition or sagacity," and still continues to do so.—*Telegram*, May 11th, 1895.

PROF CAVANAGH is a genius at discerning character from photos. Bring him your friends' pictures and he will surprise you.—*News-Letter*.

THIS young man exhibits a foresight nothing short of marvellous.—*The Globe*.

PROF. CAVANAGH is continually surprising people by the information he gives them regarding their friends, simply from looking at their friends' pictures, whether photograph or tintype.—*Telegram*, June 27, '96.

Whether all men are born free or not, they are certainly *not born equal*. Some men *bring into the world* with them elements of success which others do not possess; and *no education or training*, no *artificial arrangements* of society can make up for *natural defect* or produce an equality the *foundation* of which is not laid in nature. All attempts to reduce men to a dead level must end in failure. Some are born to be leaders of men. *They see* what other men *do not see*. They have the *courage* to attempt what to *ordinary* men seems impossible, and they have that sort of *personal magnetism* which draws men to them and inspires them with confidence in them. They are great factors in the world's progress, and of right *possess a power and influence* which *other* men do not possess.—Extract from *Mail*, 14th April, '94.



Government House.

SIR,—

I am desired by their Excellencies
to thank you for kindly sending the two in-
teresting Phrenological Charts.

I am,

Yours faithfully,

DAVID ERSKINE,

Governor-General's Secretary.

F. L. CAVANAGH, Esq.

To the editors of the many English, United States, and Canadian newspapers and magazines who have so kindly accepted my articles, scientific and others, I take this opportunity of expressing my sincere acknowledgements.

'Twas Seneca's fate, that superintendent of wit, learning and judgment, the best of Greek and Latin writers in Plutarch's opinion, that renowned corrector of vice as Fabian terms him, and painful omniscious philosopher that wrote so excellently and admirably well, could not please all parties nor escape censure.

No man so absolute (Erasmus holds) to satisfy all,
I fear good men's censures,
And to them I submit my labors.







